

# Protect Yourself and Others

## If you test positive for COVID-19:



Limit contact with others for **5 days**

### THEN



Wear a mask for an **additional 5 days**

## If you test positive for COVID-19 and have symptoms:



Limit contact with others until you are **fever-free** and your symptoms are **improving**

*(This should be at least 5 days since your symptoms began.)*

### THEN



You should wear a mask until it has been a total of **10 days** after your symptoms began

## If you are exposed to COVID-19:



Limit contact with others for **5 days**

### THEN



Wear a mask for an **additional 5 days**

### UNLESS



If you are **up-to-date** on vaccines – including boosters if eligible **OR** have tested positive in the last 90 days **THEN** wear a mask for **10 days**.



**Always** wear a mask in public places **indoors**